

14 Meal Food Storage Plan

3 Months of Meals (14 meals x 7 = 96 meals)

1	<p><u>Island Chicken</u></p> <p>1 can of Pineapple, drained 1-2 cans of Black Beans, drained 1 jar of Salsa Chicken</p> <p>Pour all ingredients into a crock pot and let cook until chicken is done (4-6 hours on high or 6-8 hours on low).</p>
2	<p><u>Spaghetti with Marinara Sauce</u></p> <p>1 package of spaghetti or other favorite noodle 1 jar of marinara sauce</p>
3	<p><u>Turkey and Veggie Soup</u></p> <p>1 can of Progresso Soup (Chicken Noodle or Veggie Noodle) 1 can of drained Corn 1 can of drained Mixed Veggies 1 can of drained canned Turkey (we like Costco's) Adobo and salt and pepper to taste</p>
4	<p><u>EZ Minestrone Soup</u></p> <p>3 (10 ¾ oz) cans Campbell's minestrone soup 3 (10 ¾ oz) cans of water 1 15 oz. can of pork and beans 2 T. Worcestershire sauce 1 c. shredded cheddar cheese, optional</p> <p>Mix all ingredients together in a crock-pot, except cheese. Simmer together for 2-3 hours. Serve with shredded cheddar cheese.</p> <p>*If desired you can also brown 1 lb. ground beef with 1 c. celery and 1/3 c. chopped onion and add to the soup.</p>

5	<p><u>Stove Top Chicken Casserole</u></p> <p>2-3 Chicken Breast cut up 1 can cream of chicken 1 box of Stove Top Stuffing 1 cup Sour Cream 2 Tbsp lemon juice Swiss Cheese</p> <p>Place chicken in bottom of pan, put cheese over. Mix cream of chicken, sour cream, and lemon juice. Pour over top of chicken. Make Stove Top Stuffing according to directions on box and put on top of chicken and sauce. Bake covered for 40 minutes at 375 degrees.</p>
6	<p><u>Hawaiian Haystacks</u></p> <p>Chicken 1 c. chicken broth 2 (10 ¾ oz) cream of chicken soup 1 c. milk or evaporated milk</p> <p>Place chicken in greased crock-pot. Combine soup and milk and pour over chicken. Cover on high heat for 3-4 hours or low heat for 6-8 hours.</p> <p>Serve over rice and top with crushed pineapple, coconut, roasted almonds, etc, etc.</p>
7	<p><u>White Chicken Chili</u></p> <p>1 T. olive oil 2 medium onions, chopped or ¼ cup dried onions 4 cloves garlic, minced 1-2 (4 oz) cans chopped green chilies 2 tsp. dried oregano ½ tsp. cayenne pepper 4 (16 oz) cans Great Northern Beans 6 c. chicken broth 5 cups cooked, chopped chicken 4 c. grated Monterey Jack Cheese (optional)</p> <p>Sauté' onions in oil. Stir in garlic and chilies, cumin, oregano, cayenne pepper and sauté' 2 minutes. Add undrained beans and broth. Bring to a boil. Reduce heat and add chicken. Season with salt and pepper to taste. Serve with cheese sprinkled on top. If desired you can thicken with a flour and water mixture.</p>

8	<p><u>Coconut Rice Casserole</u></p> <p>1 (14.5 oz) can coconut milk (can use light) 1 ½ cups chicken broth 1-2 teaspoons Thai red curry paste 1 cup rice</p> <p>Add coconut milk, broth, ½ cup water and curry paste. Bring to boil and stir in rice. Cover and reduce heat to medium-low. Cook, without stirring, until rice is tender, approx. 15 minutes.</p> <p>*Also can add sautéed chicken, sautéed bell peppers and steamed green beans and serve with lemon wedges.</p>
9	<p><u>Alfredo Pasta or Rice</u></p> <p>1 can cream of mushroom Parmesan cheese Milk Mushrooms (optional) Pasta or Rice</p> <p>Mix cream of mushroom soup with ½ - 1 cup of parmesan cheese and enough milk to desired consistency. If available add sautéed mushrooms to sauce. Top with additional parmesan cheese. Pour over rice or pasta.</p>
10	<p><u>Shepherds Pie</u></p> <p>1 lb hamburger or TVP 1 can tomato soup or tomato sauce 1 can cream of mushroom soup 2 cans of vegetables (green beans or mixed veggies) 2 cups of potato pearls</p> <p>To make potato pearls: Boil 4 ½ cups water. Add potato pearls. Fluff with a fork. To make gravy: In sauce pan brown hamburger. Add soups and vegetables. Layer meat mixture of the bottom with potatoes on top. Sprinkle with cheese. Bake until cheese melts.</p>

11	<p><u>Tuna Sandwiches</u></p> <p>Tuna Mayo/Miracle Whip</p> <p>Mix and serve on bread or with crackers.</p>
12	<p><u>BBQ Chicken</u></p> <p>1 jar of your favorite BBQ sauce Chicken Rice</p> <p>Place in crock pot and cook for 4-6 hours on high or 7-8 hours on low. Or can mix sauce and canned chicken and heat on the stove. Serve over rice.</p>
13	<p><u>Chicken with Rice</u> (if you don't use chicken it will still make a great side dish)</p> <p>8 chicken breasts 1 c. rice 1 (10 ¾ oz) can cream of mushroom soup 1 (10 ¾ oz) can cream of celery soup 1 c. milk</p> <p>Generously butter a 9x13" pan and spread rice evenly over the bottom. Mix cream of mushroom, cream of celery soup and milk together until smooth. Pour over the rice. Place chicken breasts on top of the rice and soup mixture. Optional: Can sprinkle with dry onion soup mix. Cover tightly with foil and bake for 2 ½ hours at 300 degrees.</p>
14	<p><u>Macaroni and Cheese</u></p> <p>1-2 boxes of Macaroni and Cheese</p>

Shopping List for 14 Meal Food Storage Plan 3 Months of Meals

7	Pineapple
14	Black Beans
7	Salsa
7	Spaghetti
7	Marinara Sauce
7	Progresso Soup
7	Corn
14	Mixed Veggies
14	Canned Turkey
21	Campbell's Minestrone soup
7	Pork and Beans
21	Cream of Chicken Soup
7	Stove Top Stuffing
7	Coconut Milk
7	Chopped Green Chiles
28	Great Northern Beans
21	Cream of Mushroom
7	Tomato Soup or Tomato Sauce
7	Green Beans
7	Tuna Fish
7	BBQ Sauce
7	Cream of Celery Soup
7	Macaroni and Cheese
21	Canned Chicken
	Rice
	Red Thai Curry Paste
	Chicken Bullion
	Olive Oil
	Worcester Sauce
	Lemon Juice
3	Parmesan Cheese
	Potato Pearls
	Mayonnaise / Miracle Whip
	Dry Milk / Evaporated Milk

*Canned fruit or veggies are a great addition to any meal